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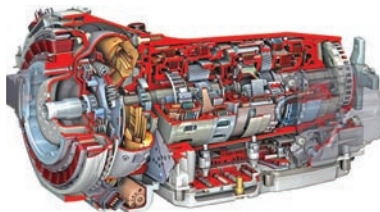
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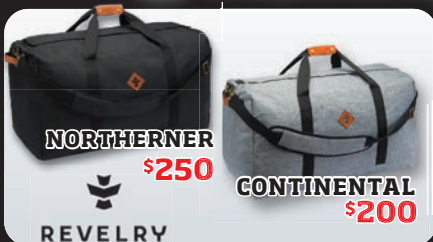
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# NORTH COAST TRADER

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## CALIFORNIA OUTDOORS Q&A



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# What's The Best Time To See Wildlife At Elkhorn Slough In Monterey County?

### Elkhorn Slough

**Q:** What's the best time to see wildlife at Elkhorn Slough in Monterey County?

**A:** There isn't a bad time to visit the Elkhorn Slough Ecological Reserve if you want to see wildlife! Year-round, migratory birds from hummingbirds to willets pass through the slough to stop or rest and feed on this California Department of Fish and Wildlife (CDFW) property. As part of the Pacific Flyway, tens of thousands of birds migrate through Elkhorn Slough each year. All told, more than 340 species of birds have been identified in and around the slough!

Additionally, there are more than 100 southern sea otters residing at Elkhorn Slough. They are often abundant during the fall. During spring, you can see large groups of California sea lions and hundreds of harbor seals loafing along

the shore. Elkhorn Slough also features six miles of hiking trails traversing salt marsh habitats, oak forests, and grasslands.

The key to visiting Elkhorn Slough is choosing how you want to visit and then making plans. Call (831) 728-2822 or go to [elkhornslough.org](http://elkhornslough.org) to plan your visit. The reserve is open year-round Wednesday through Sunday, 9:00 a.m. to 5:00 p.m. More information is available on CDFW's website.

### Band-tailed Pigeons

**Q:** What can the public do to help reduce the spread of avian trichomonosis in band-tailed pigeons?

**A:** Population numbers for band-tailed pigeons in California are relatively stable. However, we remain active in our conservation efforts — especially

CONTINUED ON PAGE 9 →



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## California Outdoors Q&A

← CONTINUED FROM PAGE 6



Band-tailed pigeon  
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considering a novel form of avian trichomonosis that was discovered in 2013. The disease, caused by a flagellated protozoan (e.g. a microbe with a tail), causes abnormal growth in pigeons' throats which can prevent them from eating and breathing. Avian trichomonosis can be passed from parents to their young during feeding and at water or mineral sites where pigeons congregate. Band-tailed pigeons are especially vulnerable during winter when they congregate at feeders in large flocks.

Residents can help by planting native plant species like coffeeberry, Christmasberry and madrone on their properties. Oak trees are also a good landscape choice because band-tailed pigeons consume a lot of acorns. By planting native species, residents can attract birds and allow for natural foraging with a lower probability of infection. If residents install bird feeders, baths or fountains they should be sanitized often or contain a filtering mechanism.

Read more about band-tailed pigeon conservation efforts on CDFW's website.

### Youth Hunting

**Q:** I'm 17 years old and have my hunter education certification and license. Is it legal for me to hunt by myself with a rifle or shotgun, without adult supervision?

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# Northcoast Children's Services

## ACCOUNTING FISCAL SPECIALIST, Arcata

Duties include assisting w/ fiscal & general ledger analysis; assist w/ prep for annual audits & federal/state monitoring. Assist w/ payroll & accounts payable. Req. 3 year's business related exp. Bachelor's degree in Business Administration or Finance/Accounting preferred, but not required. F/T 40 hrs./wk. \$20.52-\$21.55/hr.

**First Review Date: 03.04.2022**

## CENTER DIRECTORS, Arcata

Overall management of Head Start & Partnership programs. AA/BA in Child Development or related field preferred. Must meet req. for Site Supervisor permit. 3 Infant Toddler units req. F/T 40 hrs./wk. M-Fri. \$20.00-\$22.05/hr.

**Open Until Filled**

## CENTER DIRECTORS, Eureka, McKinleyville

Overall management of a Head Start center base program. Must meet Teacher Level on Child Development Permit Matrix, plus 3 units in Administration (AA req. BA/BS Degree in Child Development or a related field preferred). Req. a min. of 2 yrs. exp. working w/ preschool children in a group setting. F/T 40 hrs./wk. Mon-Fri (8am-4:30pm); \$20.00-\$22.05/hr.

**Open Until Filled.**

## ASSOCIATE TEACHERS, Orleans

Assists teacher in the implementation & supervision of activities for preschool children. Req. a min. of 12 ECE units—including core classes—and at least 1-yr. exp. working w/ children. F/T 32 hrs./wk. \$17.00-\$17.85/hr. **Open Until Filled.**

## TEACHERS, Eureka, Arcata

Responsible for development & implementation of classroom activities for toddler age children. Must have 12 core in ECE/CD (with 3 units in Infant/Toddler Development or Curriculum), meet Associate Teacher Level on the Child Development Permit Matrix, and have 1-yr. exp. teaching in a toddler setting. P/T positions, 28 hrs./wk. M-F \$17.50-\$19.30/hr. **Open Until Filled.**

## TEAM TEACHER, Arcata, Fortuna

Responsible for the development & implementation of classroom activities for toddler age children. Must have 12 core in ECE/CD (with 3 units in Infant/Toddler Development or Curriculum), meet Associate Teacher level on Child Development Permit Matrix, and have 1-yr. exp. teaching in a toddler setting. F/T 37.5 hrs./wk. M-F. \$17.75-\$18.64/hr.

**Open Until Filled.**

## ASSISTANT TEACHERS, McKinleyville, Eureka Fortuna

Assist teacher in the implementation & supervision of activities for preschool age children. Min. of 6-12 ECE units preferred, not required, & 6 months' exp. working w/ children. P/T 25 hrs./wk. M-Fri \$15.00-\$16.54/hr. **Open Until Filled.**

## HOUSEKEEPER, Eureka

Perform duties required to keep site clean, sanitized & orderly. Must have exp. & knowledge of basic tools & methods utilized in custodial work & have the ability to learn & follow health & safety requirements. P/T 16 hrs./wk. \$15.00/hr. Late afternoon/evening hours, flexible. **Open Until Filled.**

**Please note:** Per grant requirements, All NCS staff are required to submit proof of a complete COVID -19 vaccination, except those who are granted an exemption. All staff who are eligible for an exemption must undergo weekly testing for SARS-CoV-2 infection. All staff must wear face coverings regardless of vaccination status. Please contact Administrative Services if you need information regarding vaccinations or exemptions.

Submit applications to  
**Northcoast Children's Services**  
1266 9th Street, Arcata, CA 95521.  
For addtl info & application please  
call 707-822-7206 or visit our  
website at [www.ncsheadstart.org](http://www.ncsheadstart.org)

## California Outdoors Q&A

← CONTINUED FROM PREVIOUS PAGE

**A:** For the most part, yes, it is legal, except for a few apprentice hunts that CDFW hosts which require an adult chaperone. Pay attention to the hunt details if you are applying to different apprentice hunts, also known as junior hunts. If there are such restrictions, it will be noted in the application information.

We're happy that you have taken the time and have the interest to pass your hunter education course and take up hunting. Although you are legally permitted to hunt on your own, we encourage you to go out with experienced hunters and soak up everything they have to teach you. There are many skills you need to develop – everything from hunting methods, to game care to cooking techniques. The fastest way to learn is to spend time with others who already have the expertise. And as you progress through your education, gain experience and develop confidence as a hunter, we hope you'll encourage your friends to do the same. Maybe one day you can be their mentor.



*If you have a question you would like to see answered in the California Outdoors Q and A column, email it to [CalOutdoors@wildlife.ca.gov](mailto:CalOutdoors@wildlife.ca.gov).*



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# Take Care of Your DMV Business The Safest and Fastest Way: Online

**DID YOU KNOW** that most things you need to accomplish at the DMV can be done online? The DMV is encouraging Californians to access its expanded online services portal amid the surge of the omicron variant of COVID-19.

In addition to providing more services online, the DMV has accommodated customers in many ways during the COVID-19 pandemic. Recently, the DMV announced the extension of commercial driver's licenses, learner's permits, endorsements and special certificates expiring between March 2020 and Feb. 2022, through Feb. 28, 2022.

**Q1:** I have a commercial driver's license that is about to expire; how can I get it renewed?

**A1:** Renewing a commercial driver's license previously required a visit to a DMV office. However, the DMV is now offering most commercial driver's license renewals online. Those who are eligible can simply renew their license at [www.dmv.ca.gov/portal/dmv-virtual-office/commercial-driver-license-renewal](http://www.dmv.ca.gov/portal/dmv-virtual-office/commercial-driver-license-renewal).

Eligible commercial drivers can upload the necessary documents, pay the required fee by credit or debit card and then receive their new card within a few weeks. While most commercial drivers can renew their

driver's license online, some exemptions may require an appointment at a local field office.

**Q2:** I would prefer to visit the DMV in-person, is that an option for me?

**A2:** California DMV offices are still open for business. To protect the health and safety of DMV employees and customers, the DMV requires everyone in its offices to wear face coverings, keep their distance, wash hands frequently and stay home if they are sick. Customers are also asked to limit the number of family members who accompany them to an office to those who are necessary to complete a transaction, and to be patient while waiting to be served.

Additionally, Californians can use a DMV kiosk, with locations throughout the state that often offer extended hours. At a kiosk they can complete their vehicle registration renewal and print tags on the spot, submit proof of insurance, receive a driver or vehicle record, and much more. Customers can also visit DMV business partners to complete selected transactions in-person. To find out more about your options, visit [www.dmv.ca.gov](http://www.dmv.ca.gov) and use the service advisor tool. ♦

*For more information or answers to questions not listed here, please visit [www.dmv.ca.gov](http://www.dmv.ca.gov).*



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Southern Trinity Health Service is taking applications for the open positions at the

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We are seeking a self-motivated, quick learning, and career-minded individual seeking long-term employment.  
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Front Desk Receptionist  
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RN/LVN

We are seeking a self-motivated, quick learning, and career-minded individual seeking long-term employment. Please send resume to [hr@sthscclinic.org](mailto:hr@sthscclinic.org) or call (707) 764-5617 ext. 211.



## NOW HIRING!

Southern Trinity Health Service is taking applications for the open positions at the

### Weaverville Location

Front Desk Receptionist  
Dental Assistant  
Dental Support Manager

We are seeking a self-motivated, quick learning, and career-minded individual seeking long-term employment. Please send resume to [hr@sthscclinic.org](mailto:hr@sthscclinic.org) or call (707) 764-5617 ext. 211.

## TECHNOLOGY



© gorodenkoff / iStock via Getty Images Plus

# New Tech for a Great 2022

**(STATEPOINT)** If you're thinking about hitting the reboot button and giving your tech a refresh, here are a few tech gadgets and developments to look forward to this year, all of which can help you organize your life and better stick to your goals.

### • Wearables to keep you on track:

The popularity of wearable devices like smartwatches has increased dramatically, with sales forecasted to reach more than one billion worldwide this year, according to Statista. Now, there's a smartwatch fit for every member of your family. For example, T-Mobile's SyncUP KIDS Watch keeps kids and their parents connected, featuring talk and text with approved contacts, real-time location tracking and virtual boundary alerts. For adults looking to stay connected and crush their fitness goals, the Samsung Galaxy Watch4 Series delivers a seamless call-text-notification connection no matter where you are, as well as fitness and health functions like auto workout tracking, advanced run coaching, body composition analysis and group challenges for that extra push. For a limited time, these watches are free at T-Mobile

with 24 months of bill credits when you add a qualifying watch line to your current rate plan.

### • Smart systems for your home:

Statista estimates nearly 37 percent of homes own a smart home device that can monitor everything from doorbells to lightbulbs to household appliances. Now, smart home devices are taking it to the next level with centralized smart home systems. Samsung's SmartHub system is compatible with more than 5,000 products, including household appliances and home security systems, so you can do tasks such as control your home's thermostat or preheat your oven from the tap of an app or wall-mounted system.

**• New, more affordable 5G smartphones:** More smartphones are debuting using the 5G network, including the Samsung A13 5G — the brand's most affordable 5G smartphone. Priced at \$249.99, it sports an edge-to-edge 6.5-inch HD+ LCD display, a triple rear camera and 5MG front camera, and is packed with a 5,000 mAh battery with 15W fast charging capabilities.

### • Ditch the Wi-Fi for a 5G wireless



**plan upgrade:** Wi-Fi has historically given us the speed and capacity we need to stay connected on the go, but today, super-fast 5G networks are enabling us to forget Wi-Fi. Now, you can use the secure, high-speed hotspot capability of your 5G phone to keep all devices and others connected. 5G is giving us on-the-go speeds that are just as fast, or faster, than Wi-Fi. T-Mobile offers wireless

plans like Magenta MAX that is specially designed for all that 5G phones can do, including unlimited smartphone data and one of the most generous hotspot plans in the industry, with 40GB per month of high-speed mobile hotspot data included.

These are just a few tech upgrades to take advantage of to get the tech refresh you deserve right now. ♦



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**EXTENDED DEADLINE TO APPLY:  
 Friday, February 25, 2022 midnight.**

The City is seeking a skilled and experienced maintenance worker to lead our Streets Crew, the City will sponsor through the certifications. Do you have experience in asphalt, concrete or construction work? The successful applicant will also maintain a cooperative work style.

Visit: [www.governmentjobs.com/careers/arcataca](http://www.governmentjobs.com/careers/arcataca) for application materials or contact Arcata City Manager's Office, 736 F Street, Arcata, (707) 822-5953. EOE.



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Be the critical component to the Streets Crew! We'll train and help you become certified.

Operates light and heavy power-driven street and off-highway construction equipment, and installs, maintains and repairs City streets. **APPLY BY: Friday, March 11, 2022 midnight.**

Visit: [www.governmentjobs.com/careers/arcataca](http://www.governmentjobs.com/careers/arcataca) for application materials or contact Arcata City Manager's Office, 736 F Street, Arcata, (707) 822-5953. EOE.

# 5 Cooking Swaps to Help Manage Cholesterol

**(FAMILY FEATURES)** When cooking, keep in mind small changes that can make a big impact on heart health.

High cholesterol is one of the major controllable risk factors for heart disease and stroke, with about 38 percent of American adults diagnosed with high cholesterol, according to the American Heart Association. It can be managed by getting levels regularly tested and making lifestyle changes like eating a heart-healthy diet.

**Reduce saturated fat** — Select lean cuts of meat or opt for plant protein, limit processed meats, broil or bake rather than pan-fry meats and remove skin from poultry before cooking.

**Eat more fish** — Fish can be fatty or lean, but it's still low in saturated fat. Choose oily fish like salmon or trout, which are high in omega-3 fatty acids.

**Use liquid oils in place of solid fats** — For roasting, sauteing and more, use non-tropical liquid vegetable oils like canola, safflower, soybean or olive instead of butter, lard or shortening.

**Lower dairy fats** — Low-fat, fat-free or non-dairy milk can be used in many recipes instead of whole milk or half-and-half.

**Increase fiber and whole grains** — Add high-fiber vegetables to meals, serve fruit instead of juice and try brown rice instead of white.

These simple tips and better-for-you recipes like Chicken Tortilla Soup and Air Fryer Crispy (Un) Fried Chicken can help you eat healthy without sacrificing taste.

Find tips for managing cholesterol and other risk factors at [heart.org/cholesterol](http://heart.org/cholesterol).



American Heart Association

## Chicken Tortilla Soup

This recipe is reprinted with permission from "Healthy Slow Cooker Cookbook, 2nd Edition." Copyright 2018 by the American Heart Association. Published by Harmony Books, an imprint of Penguin Random House, LLC.

Servings: 4

- 1 pound boneless, skinless chicken breasts, visible fat discarded, cut into 1/2-inch cubes
- 2 cups frozen whole-kernel corn, thawed
- 2 cups fat-free, no-salt-added chicken broth
- 1 can (14 1/2 ounces) no-salt-added, diced tomatoes, undrained
- 1/4 cup finely chopped onion
- 1 teaspoon sugar
- 1 teaspoon ancho powder
- 2 medium garlic cloves, minced
- 1/4 teaspoon salt
- 2 corn tortillas (6 inches each), cut into 1/4-inch-wide strips
- 1 corn tortilla (6 inches), torn into pieces
- 2-4 tablespoons snipped fresh cilantro
- 1/4 cup finely chopped avocado
- 1/4 medium red bell pepper, cut into matchstick-size strips

In slow cooker, stir chicken, corn, broth, tomatoes, onion, sugar, ancho

powder, garlic and salt. Cook, covered, on low, 6-8 hours, or on high, 3-4 hours.

Preheat oven to 350 F.

On baking sheet, arrange tortilla strips in single layer. Bake 8-10 minutes, or until crisp. Transfer baking sheet to cooling rack. Let strips stand 15 minutes, or until cool. Transfer to airtight container and set aside.

When soup is ready, transfer 1 cup to food processor or blender. Stir in tortilla pieces. Let mixture stand 1 minute. Process until smooth. Stir mixture into soup. Stir in cilantro.

Ladle soup into bowls. Sprinkle with avocado, bell pepper and reserved tortilla strips.

## Air Fryer Crispy (Un) Fried Chicken

Recipe courtesy of the American Heart Association

Servings: 4

- 1/2 cup all-purpose flour
- 2 tablespoons minced fresh parsley
- 1/2 teaspoon ground oregano
- 1/4 teaspoon pepper
- 1/4 teaspoon cayenne pepper (optional)
- 1/2-1 cup low-fat buttermilk
- 1/2 tablespoon hot pepper sauce (optional)
- 1/3 cup whole-wheat panko bread crumbs
- 1/3 cup shredded or grated





*American Heart Association*

Parmesan cheese  
4 boneless, skinless chicken breasts  
(about 4 ounces each), visible fat  
discarded, flattened to 1/4-inch  
thickness, patted dry with paper  
towels  
nonstick cooking spray

Preheat air fryer to 390 F.

In shallow dish or pie pan, whisk  
flour, parsley, oregano, pepper and cay-  
enne.

In separate shallow dish or pie pan,  
whisk buttermilk and hot sauce.

In third shallow dish or pie pan, stir  
panko and Parmesan.

Place dishes and large plate in row.  
Dip chicken in flour mixture then but-  
termilk mixture then panko mixture,  
turning to coat at each step and gently  
shaking off excess. Using fingertips, gen-  
tly press panko mixture so it adheres.  
Place chicken on plate. Cover and refrig-  
erate 30 minutes.

Lightly spray chicken with nonstick  
cooking spray. Arrange chicken in sin-  
gle layer in air fryer basket, working in  
batches if needed. Cook 10-15 minutes, or  
until chicken is no longer pink in center  
and coating is golden brown, turning  
once halfway through and lightly spray-  
ing with nonstick cooking spray.



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Delizz® is a day-neutral strawberry that was the first ever strawberry to be selected as an All-America Selections Winner.  
Photo courtesy of MelindaMyers.com

# Always Room for Strawberries

by Melinda Myers

**AS YOU PLAN** this year's garden, be sure to include some strawberries. They are low in calories, high in vitamin C and antioxidants, and provide seasonal interest in gardens and containers.

Best of all, you don't need much space to grow this delicious fruit. There are three types of strawberries: June or spring bearing, everbearing, and day neutral. Select the best type of strawberry for your space and harvest needs.

June-bearing strawberries produce one crop of berries in late spring to early summer, depending on where you garden. They produce the largest harvest but in the shortest span of time. Plant now and enjoy an abundant harvest next year.

Everbearing strawberries usually produce two crops of berries each

year. You'll enjoy fresh strawberries early and late in the season, while day-neutral plants produce berries throughout the growing season.

Delizz®, a day-neutral strawberry, was the first ever strawberry to be selected as an All-America Selections Winner. Just like the flower and vegetable winners, it was tested nationally and selected for its performance for the home garden. This 2016 winner is a compact plant perfect for hanging baskets, containers or garden beds. It can be started from seed or transplants and will produce sweet fruit the first year and all season long, even during hot weather.

Up the ornamental appeal of traditional in-ground plantings with a star shaped or tiered bed. The elevated beds make for easier planting, weeding, and harvesting. You'll find a variety of tiered

shaped beds to purchase or plans to make your own.

Use strawberries as a groundcover in sunny well-drained locations for an abundant harvest. Their attractive leaves, white flowers, red fruit and brilliant red fall color add sparkle to the landscape and provide fresh fruit for your meals.

Or grow them in a container, window box or hanging basket on your porch, balcony, or deck. They'll be close at hand and easy to harvest.

Mix a few everbearing or day-neutral strawberries in with flowers to create an edible and ornamental planter. The harvest will be smaller when grown in a mixed container, but the flowers, fruit and fall color add ornamental appeal and the fruit will be a welcome treat.

Boost the harvest by growing straw-



berries in their own container. Fill a hanging basket and watch as the runners cascade over the edge for added ornamental appeal.

Try filling a traditional strawberry pot — container with planting hole openings on the top and sides — with plants that produce several harvests and remove the runners as needed. Keep all the plants from top to bottom looking their best with this DIY watering device. Place soil on the bottom of the container. Set a couple of perforated PVC down through the planter. Slide the plants through the hole from the inside of the pot. Fill the remaining space with soil. Gently tamp and water thoroughly to eliminate air pockets. As you water, the water travels through the pipe and out the holes, providing moisture to all plants from top to bottom.

Check containers daily and water thoroughly and often enough to keep the soil slightly moist. Reduce maintenance and increase success by incorporating a low nitrogen slow-release fertilizer into the soil at planting or sprinkle over the soil surface as needed. This type of fertilizer promotes growth without interfering with flowering and fruit production.

Start now identifying spaces to add strawberries to your landscape, deck and balcony. Then order seeds or plants early for the greatest selection. Before you know it, you'll be enjoying garden fresh strawberries in your morning cereal, salads or as a snack at the end of the day.



Melinda Myers has written more than 20 gardening books, including *The Midwest Gardener's Handbook* and *Small Space Gardening*. She hosts *The Great Courses* "How to Grow Anything" DVD series and the nationally-syndicated *Melinda's Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine. Her web site is [www.melindamyers.com](http://www.melindamyers.com).



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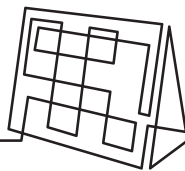
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# Calendar

Feb. 22 - March 8, 2022



## Virtual World

### ARTS & CULTURE

#### Equity Arcata's Community Book Club.

First Monday of every month, 4-6 p.m. Virtual World, Internet, Online. Alia Dunphy and Meridith Oram discuss Adrienne Marie Brown's book, *Emergent Strategy: Shaping Change, Changing Worlds*. On Zoom. Register online. [www.equityarcata.com](http://www.equityarcata.com).

**LOBA Poetry Series - Open Mic.** Last Thursday of every month. Virtual World, Internet, Online. A live virtual open mic poetry reading on Zoom on the last Thursday of each month. Open to both teens and adults. Share poems in any form or style, or just listen. Registration is required. Contact Melissa at the Ukiah Library for the Zoom link: [carrm@mendocinocounty.org](mailto:carrm@mendocinocounty.org). Free.

#### On the Same Page Book Club.

Wednesdays, 5:30 p.m. Virtual World, Internet, Online. Online book club that meets on the first Wednesday of the month on Zoom. Sign up using the Google form at [www.forms.gle/bAsjdQ7hKGqEgJKj7](http://www.forms.gle/bAsjdQ7hKGqEgJKj7).

**Reading in Place - An Online Reading Group.** Saturdays, 1 p.m. Virtual World, Internet, Online. Sign up online for a Zoom meeting invite and the week's reading for discussion. [www.forms.gle/zKymPvcDFDG7BJEP9](http://www.forms.gle/zKymPvcDFDG7BJEP9).

#### Robo-Cat Productions Presents: *Terror Of The Tomes*.

Sat., Feb. 26, 5-7:30 p.m. Virtual World, Internet, Online. This 27th online presentation will have you shaking in your boots. On YouTube. Link on Facebook. Free. [robocatproductions@gmail.com](mailto:robocatproductions@gmail.com). [www.facebook.com/events/4744009645694720](http://www.facebook.com/events/4744009645694720). (707) 267-4771.

**Shelter n Play.** Fridays, 6 p.m. Virtual

World, Internet, Online. Public group on Facebook made up of local musicians and music fans. Live streams, videos, events and local music links. [www.facebook.com/groups/224856781967115](http://www.facebook.com/groups/224856781967115).

#### Sustainable Futures Speaker Series.

Thu., March 3, 5:30 p.m. Virtual World, Internet, Online. Alison Bates shares her research on social acceptance of offshore wind energy and evolving conceptualizations of "community" and a "just" energy transition. Via Zoom. Register online. [www.schatzcenter.org/speakers](http://www.schatzcenter.org/speakers).

#### The Writers Lounge via Zoom.

Thursdays, 7:30 p.m. Virtual World, Internet, Online. A writing workshop geared toward stand-up and comedy. Zoom Room: 857 4217 6054. Password: writers. Join Zoom Meeting [www.us02web.zoom.us/j/85742176054?pwd=dWp4UGVqaUVYQowzekVnZkZoVlMzZz09](http://www.us02web.zoom.us/j/85742176054?pwd=dWp4UGVqaUVYQowzekVnZkZoVlMzZz09).

### LIFESTYLE & COMMUNITY

#### English Express: An English Language

**Class for Adults.** Ongoing. Virtual World, Internet, Online. This class offers pronunciation, speaking, reading, writing, vocabulary, verb conjugations and common expressions. All levels welcome. Join anytime. Free. [www.englishexpressempowered.com](http://www.englishexpressempowered.com).

**MARZ Project.** Tuesdays-Fridays, 12-5 p.m. Virtual World, Internet, Online. Humboldt and Del Norte county youth ages 12 to 26 learn to express themselves creatively in visual art, audio and video production. All MARZ students have free access to equipment, software and training. Meets via Zoom by appointment. Free. [marzproject@inkpeople.org](mailto:marzproject@inkpeople.org). (707) 442-8413.

#### Naturalist Notes Webinar Series.

Tuesdays, 6-7 p.m. Virtual World, Internet, Online. Friends of the Dunes

and local experts delve into stories of coastal ecology and conservation. Full descriptions of webinar topics and registration online. \$10 per webinar, \$40 whole series. [www.friendsofthedunes.org/naturalistnotes](http://www.friendsofthedunes.org/naturalistnotes).

#### Public Input Sessions: Tepona Point

**Public Access Improvements.** Thu., Feb. 24, 6-7 p.m. Virtual World, Internet, Online. Learn about Trinidad Coastal Land Trust's plans for public access and safety improvements at Tepona Point, formerly known as Luffenholtz County Park. Ask questions and provide feedback. On Zoom Feb. 24 or on site, Sunday Feb. 27 from 3-4 p.m. Email for a Zoom link or to RSVP for the site visit. [info@trinidadcoastallandtrust.org](mailto:info@trinidadcoastallandtrust.org).

#### Sistahood.

Saturdays, 9:30-11 a.m. Virtual World, Internet, Online. For women teenagers and older on Zoom, to build healthy relationships and strengthen ties through validation and affirmation. Music from 9:30 a.m., open conversation from 9:45 a.m., meditation with the Sista Prayer Warriors from 10:45 a.m.

**Ujima Parent Peer Support.** Thursdays, 6:30-7:30 p.m. Virtual World, Internet, Online. For BIPOC families. See the HC Black Music and Arts Association Facebook page for more information. [hcblackmusicnarts@gmail.com](mailto:hcblackmusicnarts@gmail.com).

#### Volunteer Orientation Food for People.

Mondays, 3:30-4:30 p.m. and Thursdays, 3-4 p.m. Help fight hunger and improve nutrition in the community. Visit the website to be invited to a Zoom orientation. Free. [volunteer@foodforpeople.org](mailto:volunteer@foodforpeople.org). [www.foodforpeople.org/volunteering](http://www.foodforpeople.org/volunteering). (707) 445-3166 ext. 310.

## Curry County

### ARTS & CULTURE

#### Watercolor Meetup Group.

Thursdays, 3-6 p.m. Curry County Public Library, 94341 Third St., Gold Beach. Interested in watercolor? Bring your projects and work on them with other painters. Drop in the upstairs conference room. Beginners welcome. While this is not a class, there are experienced painters in



the group who can help get you started.

## LIFESTYLE & COMMUNITY

### Brookings-Harbor Farmers Market.

Wednesdays, 10 a.m.-3 p.m. and Saturdays, 10 a.m.-3 p.m. Brookings-Harbor Farmers Market, 15786 U.S. Highway 101, South Brookings. Produce, artisan foods, baked goods, grass-fed beef, crafts and more. Look for the big white tents. Open year-round, rain or shine.

**OHA Vaccine Clinic.** Tuesdays, 11 a.m.-4 p.m. and Wednesdays, 11 a.m.-4 p.m. Curry County Public Library, 94341 Third St., Gold Beach. This COVID-19 vaccine event is held by the Oregon Health Authority. Vaccines offered: Pfizer, Johnson & Johnson, Pfizer age 5 to 11 and Moderna. No appointment needed, walk-ins welcome. For more info, go to [www.currypubliclibrary.org/event/oha-community-vaccine-event](http://www.currypubliclibrary.org/event/oha-community-vaccine-event).

**Puzzle Exchange.** First Tuesday of every month, 11 a.m.-noon. Gold Beach Community Center, 29841 Airport Way. First Tuesday of every month.

## Del Norte County

### LIFESTYLE & COMMUNITY

**Ocean Air Farms Farm Stand.** Saturdays, 10 a.m.-3 p.m. Ocean Air Farms, 2420 Moorehead Road, Crescent City. Roadside farm stand offering home-grown organic veggies and produce.

## Humboldt County

### ARTS & CULTURE

**Cal Poly Humboldt Wind Ensemble and Jazz Orchestra Concert.** Sat., Feb. 26, 8-10 p.m. Fulkerson Recital Hall, California Polytechnic University Humboldt, Arcata. Enjoy music for brass, woodwinds, percussion and rhythm section from composers such as Gordon Jacob and Dmitri Shostakovich to Maria Schneider and Charles Mingus. Livestream also available. \$10, \$5 child, free for Cal Poly Humboldt students w/ ID. [mus@humboldt.edu](mailto:mus@humboldt.edu). [www.music.humboldt.edu](http://www.music.humboldt.edu). (707) 826-3566.

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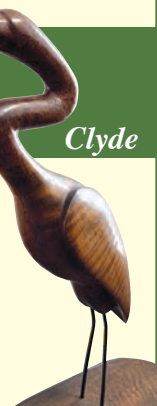
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## Calendar

← CONTINUED FROM PREVIOUS PAGE

**Dances of Brazil.** Thursdays, 5:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Learn Brazilian dances with instructors Rocío Cristal and María Vanderhorst. All levels. Limited to five people. Register online. \$15. [talavera.rocio@gmail.com](mailto:talavera.rocio@gmail.com).

**Eureka Symphony w/Guest Soloist John Chernoff.** Fri., March 4 and Sat., March 5. Arkley Center for the Performing Arts, 412 G St., Eureka. With guest soloist John Chernoff, pianist performing his original piano concerto. [www.eurekasympphony.org](http://www.eurekasympphony.org).

**Lewis Black - NEW DATE.** Sat., Feb. 26, 8 p.m. Bear River Recreation Center, 265 Keisner Road, Loleta. The Grammy award-winning comedian's stand-up show (postponed from its original November date). \$45-\$95.

**Madsummer.** Sundays, 2 p.m. and 8 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. A world premiere adaptation of *A Midsummer Night's Dream* (don't expect any Shakespearean verse) with all of the lovers over the age of 60, set in a nursing home during a pandemic with a live band and songs. Must show proof of full vaccination against COVID-19 (at least 14 days have passed since the final dose), but boosters are not required. Proof of vaccination status will be checked prior to entrance. All patrons must wear masks over their nose and mouth at all times while inside the venue with exception of eating or drinking. \$20, \$15 senior/student. [info@dellarte.com](mailto:info@dellarte.com). [www.dellarte.com/product/madsummer-weekone-2022/](http://www.dellarte.com/product/madsummer-weekone-2022/). (707) 668-5663.

## LIFESTYLE & COMMUNITY

**Abbey of the Redwoods Flea Market.** First Saturday of every month, 8 a.m.-4 p.m. Grace Good Shepherd Church, 1450 Hiller Road, McKinleyville. Local arts, products, goods. Free entry.

**Annual Spring Dinner Dance & Auction.** Sat., Feb. 26, 5:30 p.m. Belotti Hall, 1250 Fifth St., Humboldt County Fairgrounds, Humboldt County

Fairgrounds, Ferndale. Humboldt County Cattlewomen's annual event. Dinner at 6:30 p.m. Dancing at 8 p.m. [www.facebook.com/events/526465868692057](http://www.facebook.com/events/526465868692057).

**Arcata Marsh Birding Tour w/Ken Burton.** Sat., Feb. 26, 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Join field trip leader Burton at the end of South I Street (Klopp Lake). Bring binoculars. COVID-19 participation guidelines online. RSVP by text or email with the walk date and name, email and phone number for each participant. Free. [thebook@reninet.com](mailto:thebook@reninet.com). [www.rras.org/home.aspx](http://www.rras.org/home.aspx). (707) 499-1247.

**Arcata Plaza Farmers Market.** Saturdays, 10 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Humboldt County grown and GMO-free produce along with plants, meats and more. Educational materials including a seasonal eating guide, recipes and merchandise available. Always open rain or shine. Free. [info@northcoastgrowersassociation.org](mailto:info@northcoastgrowersassociation.org). [www.northcoastgrowersassociation.org](http://www.northcoastgrowersassociation.org). (707) 441-9999.

**Arcata Vets Hall Sunday Brunch.** First Sunday of every month, 10 a.m.-2 p.m. Arcata Veterans Hall, 1425 J St. Dine-in (outside, weather permitting) or take-out. Tots and egg scramble, sausage, bacon, pancakes, oatmeal, fruit, vegan options and complimentary juice, tea and Kinetic Koffee. Proceeds benefit local youth programs, veteran programs and the hall. \$2-\$15. [LegionPrograms@gmail.com](mailto:LegionPrograms@gmail.com). [www.facebook.com/ArcataVetshall](http://www.facebook.com/ArcataVetshall). (707) 601-6619.

**Bike and Hike Day.** First Saturday of every month. Prairie Creek Redwoods State Park, 127011 Newton B Drury, Orick. Enjoy the parkway through the redwoods the first Saturday of every month through May while it's closed to motor vehicles. Leashed dogs welcome. Free.

**Bowl for Kids' Sake: Saved by the Bowl.** March 4-5, 5:30 p.m. Harbor Lanes, 2136 Broadway, Eureka. Join the fun in person or online and contribute

to Big Brothers Big Sisters of the North Coast. [www.facebook.com/events/423547076180272](http://www.facebook.com/events/423547076180272).

**Explore the Tiny World of Lichens.** Sun., Feb. 27, 12-2 p.m. Trinidad Coastal Land Trust, 380 Janis Court. Join the Trinidad Coastal Land Trust and naturalist Loriel Caverly to explore the tiny world of lichens in the coastal forests and beaches of Trinidad. COVID-19 vaccination is required. Email or call to sign up. [michelle@trinidadcoastallandtrust.org](mailto:michelle@trinidadcoastallandtrust.org). [www.trinidadcoastallandtrust.org](http://www.trinidadcoastallandtrust.org). (707) 677-2501.

**FOAM Marsh Tour w/Elliott Dabill.** Sat., March 5, 2 p.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Dabill in the lobby of the Interpretive Center on South G Street for a 90-minute, rain-or-shine walk focusing on ecology. Masks are required inside the building. Free. (707) 826-2359.

**FOAM Marsh Tour w/Paul Johnson.** Sat., Feb. 26, 2 p.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Johnson in the lobby of the Interpretive Center on South G Street for a 90-minute, rain-or-shine walk focusing on plants, ecology and "tiny creatures that are often overlooked." Masks are required inside the building. Free. (707) 826-2359.

**Guided Walk at Founders Grove with Nature Guide Griff.** Saturdays, 11 a.m.-noon. Humboldt Redwoods State Park, 17119 Avenue of Giants, Weott. The Founders Grove loop trail is less than a half-mile long and is ADA accessible. There will be frequent stops to discuss the redwoods, the history of the land and the wildlife. Free. [John.griffith@parks.ca.gov](mailto:John.griffith@parks.ca.gov). [www.humboldtredwoods.org](http://www.humboldtredwoods.org).

**Humboldt Flea Market.** First Sunday of every month, 9 a.m.-3 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. New location. Masks and safe social distancing required. Browse antiques, collectibles, tools, records, clothes, crafts, pies, jams and more. \$2, free for anyone under the age of 13.



**Mad River Steelhead Derby.** Mondays. Countywide, Locations throughout Humboldt County, Humboldt. The NorCal Guides & Sportsmen Association's annual competition. Cash and prizes awarded to the biggest hatchery steelhead caught through Feb. 28. Register online. \$40, \$25 youth 16 and under. [www.madriversteelheadderby.com](http://www.madriversteelheadderby.com).

**Napoleon Dynamite Live Event.** Thu., March 3, 8 p.m. Sapphire Palace, Blue Lake Casino, 777 Casino Way. Full screening of *Napoleon Dynamite* followed by a moderated discussion with the film's stars, Jon Heder and Efrén Ramirez. \$30-\$75. [www.bluelakecasino.com](http://www.bluelakecasino.com).

**Pints for Nonprofits - Godwit Days.** Thu., March 3, 1-9 p.m. The Pub at The Creamery, 824 L St., Suite A, Arcata. Your drink purchase can help fund a festival. One dollar of every draft beer, cider, kombucha or soda (not wine) sold between 1 p.m. and 9 p.m. will support this year's Godwit Days Spring Migration Bird Festival.

**Soroptimist International of Arcata Blood Drive.** Wed., March 2, 8 a.m.-7 p.m. Northern California Community Blood Bank, 2524 Harrison Avenue, Eureka. Soroptimist members greet donors and host an information table from 4 to 7 p.m. Donors welcome any time during

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### MY NAME IS ELLA

Anatolian Shepherd Mix.  
Puppy Female Medium.



### MY NAME IS JADE

Domestic Short Hair.  
Adult Female Medium.



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(707) 840-9132

980 Lycoming Ave. McKinleyville, CA 95519

### MY NAME IS RUGER

Hound Mix? male, 4 years old  
and 59 pounds.



### MY NAME IS TOMMY

2 years old, neutered male,  
domestic short hair, gray.



**Mendocino Animal Shelter**  
[www.mendoanimalshelter.com](http://www.mendoanimalshelter.com)  
(707) 463-4427

## Calendar

← CONTINUED FROM PREVIOUS PAGE

open hours. Snacks and juice provided. Drop in or call the Blood Bank to schedule an appointment. [www.nccbb.net](http://www.nccbb.net). (707) 443-8004.

**Soul Food Dinner.** Sun., Feb. 27, 12-6 p.m. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. The Eureka NAACP's hosts dinner served up by the Razz Ma Tazz food truck at Redwood Acres. Drop by and pick up food to go or bring a blanket or lawn chair and eat on the grass. Limited indoor or outdoor seating available. Rather than tickets, purchase food from Razz Ma Tazz directly. [www.redwoodacres.com](http://www.redwoodacres.com).

**Trinidad Flea-Art.** First Saturday of every month, 11 a.m.-3 p.m. Trinidad Town Hall, 409 Trinity St. Fine local art and more. Music by Flynn Martin. Call for info or to become a vendor. COVID precautions will be in place: masks (KN95s or N95s recommended), sanitizer and social distancing. (707) 834-8720.

**Trivia Night.** Every other Wednesday, 6-8 p.m. The Madrone Taphouse, 421 Third St., Eureka. Reel Genius Trivia hosts. Free. [www.reelgeniustrivia.com](http://www.reelgeniustrivia.com).

**Wigi Wetlands Volunteer Workday.** Sat., Feb. 26, 9-11 a.m. Wigi Wetlands, Behind the Bayshore Mall, Eureka. Help create a bird-friendly native habitat and restore a section of the bay trail by removing invasive plants and trash behind the Bayshore Mall. Meet in the parking lot behind Walmart. Tools and packaged snacks provided. Please bring your own water, gloves and face mask. Free. [jeremy.cashen@yahoo.com](mailto:jeremy.cashen@yahoo.com). [www.ras.org/home.aspx](http://www.ras.org/home.aspx). (214) 605-7368.

## Mendocino County

### ARTS & CULTURE

**Master Potter, Gregg Lindsley.** Willits Center For the Arts, 71 E Commercial St. The Willits Center for the Arts presents Master Potter, Gregg Lindsley who will show his 35 years off skill in forms ranging from elegantly shaped pots to functional mugs of different sizes. He

has taught at Mendocino College in the past and now has 20 private students he works with.

**Mendocino Community Jam.** First Sunday of every month, 3-5 p.m. Community Center of Mendocino, 998 School St. A gathering of people who enjoy creating music with others. We'll go around the circle and when it's your turn, you can lead a song, choose a song and ask others to lead it, or pass. Feel free to bring songs to share. The *Rise Up Singing* books are full of good songs. Instruments welcome. Free.

### LIFESTYLE & COMMUNITY

**First Friday Art Walk.** First Friday of every month, 5-8 p.m. Downtown Ukiah, Ukiah. Join artists and their hosts for an evening of art, music and refreshments as you stroll from one venue to the next; each showcasing local art and artistry.

### Fort Bragg Farmers Market.

Wednesdays, 2-4:30 p.m. Fort Bragg Farmers Market, N Franklin St. & E Laurel St. Seasonal fruits, vegetables, organic and free range beef and pork and eggs, wild-caught local fish and seafood, artisan goat cheese, sweets, breads, flowers and plants. Plus, hot food, live music.

### Historic Walking Tours of Mendocino.

Saturdays, Sundays. Guest House Museum, 343 N Main St., Fort Bragg. Join local history experts on a two-hour walk through Mendocino's famous Historic District. Book via email. Face coverings required. Well-behaved dogs allowed but must remain outside at some stops. \$50 for up to four people, \$75 for party of six. [tours@KelleyHouseMuseum.org](mailto:tours@KelleyHouseMuseum.org).

**Ukiah Farmers Market.** Saturdays, 9 a.m.-noon. Alex Thomas Plaza, School and Clay streets, Ukiah.

## Lake County

### LIFESTYLE & COMMUNITY

**Lakeport Farmers Market.** Saturdays, 10 a.m.-1 p.m. Lake County Fairgrounds, 401 Martin St., Lakeport. Rain or shine.





## HOME COUNTRY

By Slim Randles



**IT'S NATURAL TO** mumble nasty things about the cold weather. We all do it from time to time. But even the cold has its merits.

One big plus is that it makes fireplaces a reasonable addition to our lives. In coldweather, we can build a fire in our home with a clear conscience. This is something that doesn't translate well to summer heat, but when it's cold, here comes the fire.

Strange, isn't it, our love affair with a fireplace? Makes absolutely no sense.

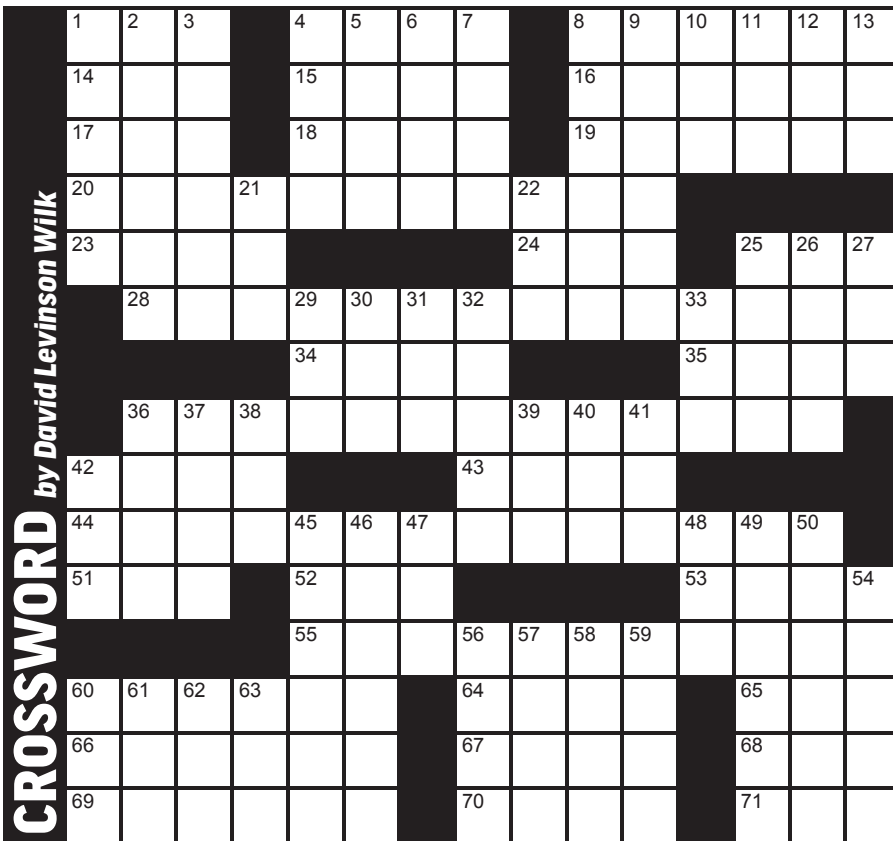
Today, we can make houses so impervious to cold that every time we light a candle, the temperature goes up ten degrees. So what do we do? We cut a hole in this sealed anti-cold unit so we can sit and look at the flames, the way our ancestors have done since they learned to walk upright and invented kindling.

But we don't care. We'll spend a lot of extra money to buy a house with a fireplace, and not think a thing about it. Because this fireplace is the spiritual center of a home, as it's always been. It's the gathering place. It's the place to read, to learn, to meet and tell stories. It's the core of our universe. The fireplace — and those waiting for us there — is what we dream about when we're miles from home in the woods or desert. It warms us, inside and out, cooks our food, and answers our questions.

Questions? Sure.

When the fire's burning low, and you can just see the little blue lickem flames curling around the glowing embers late at night, and when we've about talked out the day's adventures, we can look at those embers and find answers to questions we didn't even know we had. And we feel sorry for people who don't have these advantages. ♦

*Brought to you by the genuine cowboy music and musings of Steve Cormier up in New Mexico's Sandia Mountains. Check him out at [stevecormier.net](http://stevecormier.net).*



### ONLY IN AMERICA — Answers in the next edition

#### ACROSS

1. "Notorious \_\_\_" (2002 one-woman stand-up comedy film)
4. 2002 Cy Young Award winner Barry
8. Estevez of "The Breakfast Club"
14. Curtain holder
15. Picked out of a lineup
16. Strong of "SNL"
17. Pilot's announcement, briefly
18. Emperor who committed matricide
19. Scrabble 10-pointers
20. Person holding an 1815 Jane Austen novel?
23. Oscar-winning role for Cotillard
24. \_\_\_ Records
25. Police dept. rank
28. What the dragster made in pottery class?
34. 2014 biblical title role for Russell Crowe
35. Guilty, e.g.
36. "What a country!" (or where you'll find the letters used to solve 20, 28, 44- and 55-Across)
42. Chips Ahoy! alternative
43. Annual film-and-music festival named for its location in Austin, TX
44. What Ben Cohen and Jerry Greenfield each opted for, professionally?
51. Boy
52. '80s sitcom puppet
53. Scientology guru \_\_\_ Hubbard
55. Apple computer made from yarn?
60. Imagined while sleeping
64. Greek war god
65. Britney Spears' "\_\_\_ Slave 4 U"
66. "Brokeback Mountain" director
67. Big pile
68. Grp. seeking to improve No Child Left Behind
69. Chews out
70. "Death in Venice" author
71. Newspaper heads, for short

#### DOWN

1. Hardly Mr. Right
2. Feedback producer
3. Whoopi's Oscar-winning role in "Ghost"
4. \_\_\_ oxide (beachgoer's protection)
5. Brainchild
6. Guam, e.g.: Abbr.
7. It stinks
8. Skin condition that comes from a Greek term meaning "to boil"
9. Kind of system
10. Here, to Henri
11. Rap's \_\_\_ Wayne
12. Project's end?
13. Kvetchers' cries
21. It's south of Eur.
22. Suffix with cash
25. Org. headed by MLK Jr. and MLK III
26. Greek earth goddess
27. \_\_\_-la-la
29. Whichever
30. "Who, me?"
31. McKellen of "X-Men"

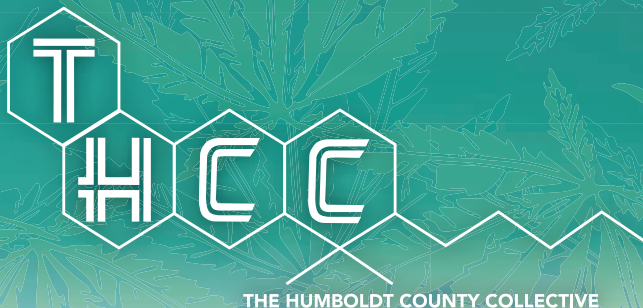
32. It's hard to get across
33. Prefix with dermis
36. Its name features the postal abbreviations of U.S. states it swims by during migration
37. Call for
38. "Funky Cold Medina" rapper Tone \_\_\_
39. 1090, on a monument
40. Finnish hockey star Tikkanen
41. Pres. between JEC and GHWB
42. It may be struck in a field
45. Rear-ended, e.g.
46. Thrills

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47. Pro Bowl div.
48. Wallach of "The Magnificent Seven"
49. Fur for a stole
50. Didn't stay put
54. March Madness, with "the"
56. Chicago mayor Emanuel
57. Vicinity
58. Uncharitable
59. Channel with postgame analysis
60. Prosecutors, for short
61. GOP org.
62. Opposite of humility
63. The works

### LAST WEEK'S ANSWERS TO MORK AND MIKE

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